



VIII Amarante Christmas Trail



Classificação Geral e Escalão

Trail Longo

22/12/2019

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P_Esc	Tempo	Ritmo	Diferenca
1	119	Hugo Gonçalves	Trail Team Bifase	M	S	1	02:53:21	5.78	00:00:00
2	6	Pedro Santos	ORALKLASS - AMIGOS DO TRAIL	M	M40	1	02:53:21	5.78	00:00:00
3	82	Joel Pereira	Minho e Lima Trail	M	S	2	02:58:51	5.96	00:05:30
4	90	Luis Pereira	Marietel cycling	M	M40	2	03:01:08	6.04	00:07:47
5	113	JOSE Meneses	Nocturnos de Paredes	M	M40	3	03:07:23	6.25	00:14:02
6	122	Ricardo Nunes	AD MARCO 09	M	S	3	03:07:24	6.25	00:14:03
7	194	Joel Pinto	AD MARCO 09	M	S	4	03:14:01	6.47	00:20:40
8	107	Sandro Silva	JAC	M	S	5	03:14:01	6.47	00:20:40
9	214	Carlos Queirós		M	S	6	03:14:10	6.47	00:20:49
10	88	António Alves	Clube Escola do Estreito	M	S	7	03:17:18	6.58	00:23:57
11	211	Vasco Carvalho	ICARUS RUNNING TEAM	M	S	8	03:17:25	6.58	00:24:04
12	158	Tiago Soares		M	S	9	03:21:09	6.71	00:27:48
13	152	Manuel Pinheiro	Fridão Sem Limites	M	M50	1	03:27:32	6.92	00:34:11
14	128	Jorge Pinheiro	Ribeiras Trail	M	M40	4	03:29:49	6.99	00:36:28
15	143	Miguel Barros	A.D.Amarante	M	M40	5	03:29:52	7	00:36:31
16	116	Marcos Ribeiro		M	S	10	03:31:39	7.06	00:38:18
17	91	Bruno Cunha	Brabus Runners	M	S	11	03:34:19	7.14	00:40:58
18	137	Vasco Sousa	Coimbra Trail Running	M	M50	2	03:34:59	7.17	00:41:38
19	207	Ricardo Aires	Fridão Sem Limites	M	M40	6	03:35:23	7.18	00:42:02
20	78	Marco Pinto	Brabus Runners	M	S	12	03:36:16	7.21	00:42:55
21	95	Ricardo Sampaio	Brabus Runners	M	M40	7	03:36:16	7.21	00:42:55
22	159	Lucas Morgado	Furfor Running Project	M	M40	8	03:37:02	7.23	00:43:41
23	191	André Lopes	Moloni Running Team	M	M40	9	03:37:39	7.26	00:44:18
24	150	Ismael Afonso	Fridão Sem Limites	M	M50	3	03:38:24	7.28	00:45:03
25	138	Norberto Fernandes	Brabus Runners	M	S	13	03:38:52	7.3	00:45:31
26	126	Eduardo Pacheco	Ribeiras Trail	M	M40	10	03:45:23	7.51	00:52:02
27	175	Zeca Carvalhais Zeca Carvalhais		M	M50	4	03:45:42	7.52	00:52:21
28	133	Fernando Coelho	Vila Nova de Gaia	M	M40	11	03:45:58	7.53	00:52:37
29	112	JOSE GOMES	Nocturnos de Paredes	M	M50	5	03:46:16	7.54	00:52:55
30	58	Marcio Teixeira		M	M40	12	03:46:28	7.55	00:53:07
31	114	Mónica Oliveira	Geocrosstrail	F	F40	1	03:47:16	7.58	00:53:55
32	192	Luis Vieira	Moloni Running Team	M	M50	6	03:47:31	7.58	00:54:10
33	209	RUI RODRIGUES	AD MARCO 09	M	M40	13	03:48:39	7.62	00:55:18
34	99	Filipe Fernandes	Palmeira Runners	M	S	14	03:49:36	7.65	00:56:15
35	129	Armando Moreira	Ribeiras Trail	M	M40	14	03:50:41	7.69	00:57:20
36	115	Bruno Fernandes	Team Trail Bem Viver	M	S	15	03:50:45	7.69	00:57:24
37	157	Antonio Maia	Team Trail Bem Viver	M	S	16	03:50:46	7.69	00:57:25
38	154	Dionisio Antonio Ferreira	Team Trail Bem Viver	M	M40	15	03:50:46	7.69	00:57:25
39	15	Paula Barbosa	ORALKLASS - AMIGOS DO TRAIL	F	F40	2	03:51:46	7.73	00:58:25
40	132	Diogo Resende	Vila Nova de Gaia	M	S	17	03:52:40	7.76	00:59:19
41	215	Paulo Coelho	Clube Atletismo Fafe	M	M40	16	03:54:04	7.8	01:00:43
42	81	Fernando Pereira	Brabus Runners	M	S	18	03:54:11	7.81	01:00:50
43	86	Pedro Carvalho	Arrastassolas	M	M40	17	03:56:23	7.88	01:03:02
44	161	Paulo Sampaio		M	M40	18	03:56:44	7.89	01:03:23
45	216	Paulo Gama	Gondomar Futsal Clube	M	M50	7	03:57:13	7.91	01:03:52

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46	73	Carlos Afonso Borges	Chaves Running Team	M	M40	19		03:57:14	7.91	01:03:53
47	108	Paulo Costa		M	M40	20		03:57:25	7.91	01:04:04
48	106	João Rodrigues	Amigos da Montanha	M	M40	21		03:58:42	7.96	01:05:21
49	104	Adélio Gouveia	Amigos da Montanha	M	M40	22		03:58:44	7.96	01:05:23
50	105	Carlos Peixoto	Amigos da Montanha	M	M40	23		03:58:44	7.96	01:05:23
51	164	Filipe Teixeira		M	M40	24		03:59:04	7.97	01:05:43
52	131	Carmindo Paulo Moreira Gomes		M	M40	25		04:03:32	8.12	01:10:11
53	92	Fernando Mendes		M	M40	26		04:03:44	8.12	01:10:23
54	102	José Pedro Simões Ribeiro		M	S	19		04:03:45	8.13	01:10:24
55	74	António Carlos		M	M50	8		04:03:49	8.13	01:10:28
56	155	Bruno Gonçalves	Team Trail Bem Viver	M	S	20		04:04:03	8.14	01:10:42
57	1214	Orlando Campos	FISIO.	M	M40	27		04:05:00	8.17	01:11:39
58	8	Telmo Veloso	EDV-Viana Trail	M	M40	28		04:05:38	8.19	01:12:17
59	7	Susana Simões	EDV-Viana Trail	F	F40	3		04:05:39	8.19	01:12:18
60	83	Paulo Pinheiro	Sai da frente d'gustarcos	M	M40	29		04:06:28	8.22	01:13:07
61	65	Jorge Lopes	Equipa A	M	M40	30		04:06:59	8.23	01:13:38
62	53	Jorge Guimarães	SMILE FOR NATURE	M	S	21		04:07:18	8.24	01:13:57
63	96	Diogo Aguiar	Inquipa	M	S	22		04:08:06	8.27	01:14:45
64	85	Helder Domingues		M	S	23		04:09:29	8.32	01:16:08
65	156	Rui Madureira	Team Trail Bem Viver	M	S	24		04:10:02	8.33	01:16:41
66	181	Álvaro Saraiva	Moloni Running Team	M	M40	31		04:10:46	8.36	01:17:25
67	125	Pedro Fonseca	Ribeiras Trail	M	S	25		04:11:13	8.37	01:17:52
68	54	Nuno Cunha	SMILE FOR NATURE	M	S	26		04:12:06	8.4	01:18:45
69	89	Fabio Santos	Hospital de Santa Maria - Porto	M	S	27		04:12:17	8.41	01:18:56
70	121	Armando Moreno	TraiLento	M	M50	9		04:13:03	8.44	01:19:42
71	142	Rosa Barros	A.D.Amarante	F	F50	1		04:13:55	8.46	01:20:34
72	84	Adelino Pinheiro	Sai da frente d'gustarcos	M	M40	32		04:15:37	8.52	01:22:16
73	185	NUNO ALEXANDRE	Nocturnos de Paredes	M	M40	33		04:15:41	8.52	01:22:20
74	75	Filipe Escobar	Equipa A Canidelo	M	M40	34		04:15:44	8.52	01:22:23
75	64	José Pereira	Equipa A	M	M50	10		04:15:45	8.53	01:22:24
76	87	Luis Gordicho	Arrastassolas	M	M40	35		04:16:55	8.56	01:23:34
77	163	Hugo Gonçalo Esteves da Rocha	Meninos	M	M40	36		04:17:32	8.58	01:24:11
78	139	Manuel Gomes	BTT Alegria // TUBANI	M	S	28		04:21:01	8.7	01:27:40
79	168	Elisabete Repas	Gaia-Running	F	F50	2		04:21:48	8.73	01:28:27
80	182	Jorge Leonel Da Silva Andrade Ferreira	A.D.Amarante	M	S	29		04:22:11	8.74	01:28:50
81	179	Miguel Neto		M	S	30		04:22:12	8.74	01:28:51
82	52	Paulo Ferreira		M	M50	11		04:23:17	8.78	01:29:56
83	111	CARINA VANSTALLE	ATR - ALGARVE TRAIL RUNNING	F	F40	4		04:24:56	8.83	01:31:35
84	110	ANTONIO TEIXEIRA	Nocturnos de Paredes	M	M40	37		04:24:56	8.83	01:31:35
85	196	João Coelho	AMC TRAIL	M	M40	38		04:25:30	8.85	01:32:09
86	93	Luis Silva	Brabus Runners	M	S	31		04:26:16	8.88	01:32:55
87	170	Fernando Pinheiro		M	M40	39		04:26:31	8.88	01:33:10
88	212	João Pinheiro	Brabus Runners	M	S	32		04:28:13	8.94	01:34:52
89	70	Helena Gomes	Wolves	F	F40	5		04:29:16	8.98	01:35:55
90	178	António Loureiro	Autistic Runners	M	M50	12		04:31:47	9.06	01:38:26
91	146	Rui Pereira	Gaia-Running	M	M40	40		04:34:19	9.14	01:40:58
92	97	Paulo Nobre	Inquipa	M	S	33		04:34:43	9.16	01:41:22
93	169	João Paulo Castro		M	M40	41		04:34:47	9.16	01:41:26
94	197	Hélder Cunha		M	S	34		04:38:59	9.3	01:45:38
95	148	SR.luis FONSECA	felgueiras team trail	M	M40	42		04:42:39	9.42	01:49:18
96	174	Victor Carvalhais		M	M50	13		04:42:40	9.42	01:49:19

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97	198	De Gonçalves	Pretinho	M	M40	43		04:44:09	9.47	01:50:48
98	63	Jose Pirata	Equipa A	M	M40	44		04:44:51	9.5	01:51:30
99	184	Manuel Carlos Martins	O praticante.pt	M	M40	45		04:44:53	9.5	01:51:32
100	177	Manuel António Graça	Palmeira Runners	M	M50	14		04:45:47	9.53	01:52:26
101	151	Filipe Pinheiro	Fridão Sem Limites	M	M40	46		04:53:47	9.79	02:00:26
102	71	MARIA COSTA	Nocturnos de Paredes	F	F50	3		04:54:31	9.82	02:01:10
103	202	Rui Branco da Cruz		M	M40	47		04:54:32	9.82	02:01:11
104	165	Joao Couto	Os Finos	M	M40	48		04:58:58	9.97	02:05:37
105	61	Ricardo Fernandes	Team Trail Bem Viver	M	S	35		05:06:45	10.23	02:13:24
106	100	José António Ferreira Pinto	Equipa A	M	M40	49		05:07:17	10.24	02:13:56
107	201	Diana Sousa		F	F50	4		05:07:18	10.24	02:13:57
108	68	Olga Branquinho	Equipa A	F	F40	6		05:07:18	10.24	02:13:57
109	69	Nuno Santos	Equipa A	M	M40	50		05:07:18	10.24	02:13:57
110	101	Feliciano Reguengo		M	M40	51		05:09:58	10.33	02:16:37
111	167	Marcia Bandeira	Amigos da Montanha	F	F40	7		05:13:13	10.44	02:19:52
112	188	Manuel Matos	Vila Real	M	M40	52		05:13:17	10.44	02:19:56
113	67	Paulo Ribeiro		M	M40	53		05:15:08	10.5	02:21:47
114	57	José Sousa	Clube Trilheiros & amigos	M	M40	54		05:24:45	10.83	02:31:24
115	56	Ligia Mendes	Clube Trilheiros & amigos	F	F40	8		05:24:45	10.83	02:31:24
116	176	Joao Oliveira	GANSOS	M	S	36		05:24:46	10.83	02:31:25
117	59	Diana Martins	Boavista Trail	F	SF	1		05:24:46	10.83	02:31:25
118	79	Jorge Amaral		M	S	37		05:24:47	10.83	02:31:26
119	60	Rita Freitas		F	SF	2		05:24:55	10.83	02:31:34
120	141	João Gil	A.D.Amarante	M	M50	15		05:25:39	10.86	02:32:18
121	140	Sónia Brás	Amarante	F	SF	3		05:25:40	10.86	02:32:19
122	66	Nelson Santos	NPSantos	M	M40	55		05:27:57	10.93	02:34:36
123	127	Rui Carvalho	laranja mecânica	M	S	38		05:27:58	10.93	02:34:37
124	200	Iracema Costao	Vilela bik	F	F50	5		05:29:29	10.98	02:36:08
125	199	Alberto Martins	Vilela bik	M	M50	16		05:33:57	11.13	02:40:36
126	205	Rui Aureliano Sousa		M	M40	56		05:46:50	11.56	02:53:29
127	195	António Dinis	CAMPANHÓ	M	M40	57		05:47:04	11.57	02:53:43
128	124	Feliciano Ferreira	KIKAS Team	M	M40	58		05:49:51	11.66	02:56:30
129	208	Isabel Martins	Amigos da Montanha	F	F50	6		06:04:58	12.17	03:11:37
130	130	João Morais	Peak Trail Team	M	M40	59		06:06:34	12.22	03:13:13